

## Orientation.

Orientation - becoming familiar of P.E.  
 College & Life - Bennett.  
 For College Women & Men - Mrs. Hukwood.  
 Teaching Children to Study.

1. How to plan our Time.
2. What kind of a person should a Physical Education be?

Sleep - 63	} hrs. a week.
Eat - 14	
Classes - 32 $\frac{1}{2}$	
Travel - 7	
Dress & Bath - 10 $\frac{1}{2}$	
Sew, etc - 3 $\frac{1}{2}$	
Study - 18	
Reading - 3 $\frac{1}{2}$	
Letter Writing - 3 $\frac{1}{2}$	
Church - 3	
Entertainment - 3	
Being with People - 7 $\frac{1}{2}$	
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Write out routine for myself.

Fair.	disciplinary	Latent.
Young in Spirit.	}	Interesting & Interested.
Understanding.		Easily Offended.
Confidence.		Enthusiasm.
Wisperation		Forceful.
Personality.		Love for people.
		All round person.

Appearance  
Clean - Neat.  
Honesty.  
Dependable.  
Prompt.  
Common Sense.  
Judgment.  
Considerate.  
Perfect Health.  
Sincere.  
Thoroughness.  
Knowledge of profession.  
Self-controlled.  
Courtesy.  
Unselfish - Generous.  
Patience.  
Loyal.  
Humble.  
Co-operative.  
Sense of Humour.  
Imagination.

A mark of the educated person is  
not only a skill and knowledge but  
a sensitiveness of what goes on around us.



# A Days Budget.

7.30	Rise. Dress. Tidy room.
8.00	Breakfast.
8.20	Get ready for school.
8.30	Leave for school
8.55	Change into uniform.
9.00	Classes.
12.40	Change into street clothes
12.45	Leave for Residence.
1.10	Get ready for lunch.
1.15	Lunch
1.35	Get ready for school
1.40	Leave for school.
2.05	Change into uniform.
2.10	Classes.
4.00	Change into street clothes.
6.10	Go back to residence, knit, sew, etc or write letters, do laundry or study. If shopping is to be done do it at this time leaving half an hour to get back to the residence. Get ready for dinner.
6.15	Dinner.
7.00	Coffee
7.10	Time to talk to friends.
7.30	Study.
9.30	Either break or continue study
10.00	Continue study or write letters.
10.30 or 11	Bed.

Williams & Kennell

Location - Wing & ground floor. Facilities to pass classes to & fro. Southern exposure good & sunshiny.

Construction - This use stage - boys gym - usually.

Separate Gyms - Folding doors not accepted & separate gyms.

Size - upon area at least 40' x 60' - min.  
50' x 80' or 60' x 80' not 2 hrs.

look - 19 - 345.

Wayman & Mack - Boston & Swimming Pool

Copy Rules for Swimming Pools.

Apparatus for High School.

- |                 |                |            |
|-----------------|----------------|------------|
| 1. Horse        | 6. seat board  | 11. forms. |
| 2. Box          | 7. ladder      |            |
| 3. Rings        | 8. stall bars. |            |
| 4. ropes        | 9. beams       |            |
| 5. Spring board | 10. Mats.      |            |

Apparatus for Elementary Schools.

- |             |                |
|-------------|----------------|
| 1. mats     | 6. Stall bars. |
| 2. forms    | 7. ladder.     |
| 3. ropes    | 8. box.        |
| 4. rings    |                |
| 5. trapeze. |                |

Use for taking place of natural play as climbing, jumping fences.

Would develop big muscles in just if done many times.



Thibson & Van Hagen has a list of Supplies.

Different & more exciting for children.

Develops agility and co-ordination.

Develops courage.

Ability to land properly.

200 of Apparatus.

Supplies for High School.

1. Basketballs
2. Volley balls & net
3. Baseball
4. Soccer balls.
5. Soccer.
6. Badminton birds & net.
7. 1 doz clubs.
8. 1 " rackets.
9. Hockey tennis
10. Quarts.
11. Bean bags.

Chp. VII for 17<sup>th</sup>.

Orthopedic

Senior Dept.  
Typewriting System.  
Handwriting -

## Round Robin Tournament

	A	B	C	D	E	F	G	H
A		9	13	11	25	22	5	1
B			19	15	23	2	2	6
C				11	8	3	27	21
D					4	7	24	28
E						12	16	18
F							20	14
G								10
H								

For large teams have round robin then elimination

Limit team to minimum no. of players. If not played other team forfeits.

Ladder - may be seated or drawn by lot.  
Mob rule - challenge only 3 or within 2 or 3 above them. Player challenged must play within certain time or else forfeit.

Officials - find or get left or else someone on staff who knows game or else leaders class.

Publicity - Put up & take off things promptly.  
On bulletin board -

Schedules of tournaments & scores.

Scores pictures - old teams or books.

Rules - esp. if change.

Special announcements.

Percentage of teams played.

Divide no. of games played by no. of games won to get percentage.



"Variety in choice of games."  
Extra curricular - after hours.  
intra mural. inside school.

Choose more than 1 game per season.

1. strenuous team game to end some.
2. less strenuous for less physical.
3. dual and individual activity.

Rules for Organization.

Have tournaments early. - Care more for interest of competition rather than excellence.  
Interest brings more skill.  
Skill " " interest.

Write out details of organization.

Want teams & officials from ea. home room. Captains of teams have meetings of officials & let them talk in room to girls on teams.

Keep reminders of duties to officials.

Have rooms keep schedules on bulletin board.

Captains resp. 4 players

Managers " equipment officials, etc.

Have definite rules 4-

1. forfeiting games
2. postponement of games
3. eligibility of players
4. minimum no. of players

Club or A. H.

1. Tent systems.

2. Clubs have own money to support run act.

ooo



3. Might be managed for P.E. instructor.
4. No wage & large fee - not more than \$1.00.
5. Ask for little from school budget for A.A. equipment. - Some years buy a bit for itself.
6. Keep A.A. fees for spec. das. - speakers damage of equip (small)
- 7.
8. Also awards - Letters, etc.
9. Films -
10. Team trips.

Objectives - general aim for support & promotion of P.E. dept.

1. To develop wholesome & varied A.A. -
2. Stimulate int. in participation in these act. <sup>course</sup> time
3. Provide for large group than fee.
4. Develop student leadership.
5. Provide & devel. of friendships & fellowship <sup>in games</sup>
6. Dev. sportsmanship.

P.E. instructor shouldn't start A.A. alone. Have help w. <sup>student</sup> leaders.

hook up organization of previous year & find leaders. Let them plan & work w. you & organize. Then call whole school & get a leader to tell about whole plan.

Usually have treasurer & faculty member. Have Pres - V. Pres. Sec. - Treas. - Reporter - Head of Sports.

They make schedule, reports, etc.



## Constitution -

1. Name
2. Object?
3. Membership. (does)
4. Legislative power.
5. Meetings.
6. Amendments.

## By-laws.

1. Awards.
2. Point system.
3. Regulations & diff sport
4. invitation of members.
5. Regulations of standing committees
6. Training rules.

## Point Systems.

Outcome of large intra mural program.

Carefully worked out & weighed.

1. Participation

→ Provide basis for Awards & Honours.  
Incentive for large no. of people to play & work to better.

## Minutes

Business from Minutes

New Business.

Reports from regular committee.

## "Meeting Procedure"

"

Group Work occurs mostly in associations.  
Sometimes opposed to case work. Want to know  
how to conduct & be leader of group work.

## Methods.

2. For regular P.E. class work through
1. Standards of Achievement by tests.
1. Obs. by the coach. Excellent give certain marks etc.
3. Competition between squads - points for winning
4. Regular attendance.

### B. Voluntary Participation.

1. Membership on team.
2. Points for individual or dual games.
3. On hikes, camping trips, P. 11.

### C. Leadership & Service.

Scores, captains, etc.

### D. Health.

#### Good System.

##### Values.

Devel. of interest

Fair Distribution

Objective

Improvement in participation

#### Disadvantage.

Work for the points.

Bullying